

Class List and Description

All classes (except specialty clinics) work on running tumbling, standing tumbling, jumps, stretching/conditioning and cheer motion technique.

Intro to Tumbling: This is a beginning class that works on fundamental skills for success in cheer tumbling including forward and backward rolls, handstands, cartwheels, and round-offs. No prior experience necessary. Monday – Thursday 6:00 pm, Monday and Wednesday 7:00 pm

Level 1: This class works on front and back walk-overs, round-offs, and especially the standing back handspring. To advance to Level 2, you must be able to do your standing back handspring on the wedge without a spot. Monday – Thursday 6:00 pm, Monday and Wednesday 7:00 pm

Level 2: This class works on standing back handsprings, round-off back handsprings and series standing and running back handsprings. Monday – Thursday 6:00 pm, and 7:00 pm

Level 3: This class works on back tucks in running tumbling, and introduces front tumbling passes including tumbling thru a front walk-over or front handspring and punch-fronts. Monday – Thursday 6:00 pm, and 7:00 pm

Level 4: This class works on standing tuck and standing back handspring back tuck, tumbling out of a tuck, punch-fronts, and layouts and variations. Monday – Thursday 6:00 pm, and 7:00 pm

Level 5: This class works on twisting and elite combination skills, and jumps connected to tucks. Monday – Thursday 6:00 pm, and 7:00 pm

Back Hand Spring/ Back Tuck Clinic: This class teaches drills and techniques to strictly learn the back handspring or back tuck. Tuesday and Wednesday 8:00 pm

Flight School: If you've ever wanted to be a Flyer, this class is for you! This class is designed for flyers and bases to learn fundamental skills including techniques, balance, and flexibility. Monday 8:00 pm

Competition Cheerleading Squad: All skill levels are welcome to join an All-Star team. Weekly classes will include a technique and tumbling class as well as team time. Approximately 3-5 hours per week. (Mini team 2-3 hours per week.)

Yearly Gym Membership: To participate in any of our classes, you will need to be a registered member of Legends Cheer Academy. Yearly memberships are due in January of every year. This cost is \$25 per participant, or \$40 per family. MEMBERSHIP FEES WILL BE DUE IN JANUARY OF EACH YEAR, or upon registration for any class after January.